# THE TIMES DAILY MAGAZINE PAGE

### Homemaking Training. Should Form a Part Of Each School Curriculum

Inter-relation of Science and the Home, of Theory and Practice, Concrete Budget Problems, and Similar Subjects Are Suggested Topics.

#### By Mrs. CHRISTINE PREDERICK.

seems to repeat

herself, had never taken how her what she knew. of time to learn and work out in to her new home life, her demanded by the three babies and each other rapidly; and ther complicated her problem, a to conduct her home well and ally, but she doesn't know I marriage has not given her earn. She asks "What can in the same of the same in the same

time to do something about it is force this girl ever extered mar-gibe cannot be blamed now for it of training she should have re-House lighting, house plumbing, the construction of stoves, principles of refrigeration, the insulation of such devices as the fireless cooker, all of these are very dependent on physics. Why not there is a great deal stitum against the poor and the home?

Economics, also a bugbear and "dry" subject to the vivacious girl of seventeen, might take on heightened interest if the subject were laced up to her own pocketbook. How much of the family money does she receive? What proportion does she spend for the family money does she spend for the family money does she receive? What proportion does she spend for clothes, and income with a given number of children?

Concrete problems in working out such budgets, always bearing in mind the relation to her personal expenditures, would vivify for her some of the deepest principles of economics. Along with it could ge a study of the distribution of manufactured products. The graphic story of the journey of a cake of soap, or other household commodity, how to buy, how to market, the story of trade-marks, labels, and other similar facts would stimulate daily interest.

feet as if I didn't care.

wal rest and repose.

Tou are tired," I said. "You need

Ten, but I cannot go to a sant-

arium for they are too expensive, and

healdes I do not want to give up my

complexion clear." As she seemed terested I outlined a plan for her.

Sanitarium Bathe at Home.

teleptione, the gossip of callers, and

the late hours tire you more than you

realize. For a month take a room a

little way out of town in a home with

an upstairs porch. You can sleep out

of deers there, take plenty of blank-ets and you won't be cold, and remem-her that the rest cure calls for a p schools bed hour every night

Now at home the ringing of the

of letters that and the apprenticeship of their daugh-

Schools for Training. "Mother won't let me go into the hitchen" is the complaint of more than one daughter. Frequently, too, the presence of servants make it impossible or undesirable for the daughter of the

or undesirable for the daughter of the house to receive much training at home. So the outside school becomes the most fitting place for girls to receive homemaking instruction.

The rise and increase in number of cooking classes for girls of all ages testifies to the interest which this branch alone arouses. But homemaking implies far more than cooking. There is no resson why a two-hour course weekly cannot be given every year of high school to this subject. Older students can learn the important values of food and carry work in chemistry of food as well as chemistry per se. Physics, a course so distasteful to the average girl, would be made much more vivid and heightened in interest if part of the work were concerned with the teaching of applied mechanics and the application of the principles of physics to the more familiar household equipment.

Science and the Home.

Science and the Home. House lighting, house plumbing, the construction of stoves, principles of re-

Rest Cure While At Home

Avoiding Worry, Together With Right Eating, Drinking,

Bathing, and Sleeping, is All

Necessary.

By LUCREZIA BORL

## FEMININE FOIBLES & By Annette Bradshaw "Cures" For Bald Men and



THE DAY OF THE ANKLES.

## A. Word for the Family Celebration

Each Fete a Cord in the Great Rope That Binds With Old Friendships, Old Loves, Old Associations.

#### By WINIFRED BLACK. (Copyright, 1915, by Newspaper Feature Service, Inc.)

yright, 1915, by Newspaper Feature Service, young woman who lives cat-1-cornered, and who is always getting her name in the society columns of the newspapers as a 'bud."

"Sentimental bosh," declared the feminist—and I didn't agree with a single one of them.

I not only love christenings, but I

love weddings and birthdays and re-

more than that—I believe in them. Every family fete is another cord in the great rope that binds or should bind the members of a family—to-

The Good Old Celebrations.

It wouldn't be so easy to run away with the circus rider as a girl of

good family did in New Jersey the

other day-if you knew that on, say the 10th of next month, grandma and

grandpa and Aunt Mary and Uncle

John and brother Joe and sister Susan and cousin Mary's new twins and sister Kate's boy, home from West Point, were all going to get together at the old home and wish that you were there.

HERE was a christening next door this morning-an oldfashioned christening, with the priest and a godfather and a godmother and a silver cup engraved with the baby's name, and no end of silver spoons, and an ivory dress and a hand-embroidered cap and a christening breakfast-and all the old-fashioned and heart-warming aids and appurtenances to an old-fashioned and heart-warming

christening.

And at the christening there were speeches and jokes—the best man of last year was the principal joker, and there were tears—the bridesmaid of last year, who is a bride herself now, shed most of them. And there was much laughter and many hand-shakes-and, I doubt not, many silent prayers.
"Such nonsense," said the people

who live across the way. What good does all that fuss do—for the baby or for anyone else?" "Ridiculous affectation," opined the

your head through misfortune and through griefs and through humiliations, if you had behind you the memory of a whole lot of happy, wholesome, loyal, loving—family days—days when you were glad that your name was Smith and were proud that you spelled it without the e—and laughed at the Smith nose and made fun of the Smith ears and were glad

you had them just the same.

Life would be pleasanter and kinder and saner for a good many Americans if we clung a little more to the old fashloned traditions and celebrations of the old country.

Have you are the old country.

Celebrations of the old country.

Have you ever been a guest at a German birthday dinner?

No one too old, or too young, or too plain, or too stupid, or too insignificant to be—when he is among his own—"a birthday child."

The Italian christening—it's worth a year of commonplace days to be invited to one of them.

No wonder that little Guiseppe sticks to those of his own blood and kin through thick and thin, down all the echoing years.

We Need Them All. French fete day-an English golden wedding-we need them all -we Americans, to keep us safe and sane and simple hearted and

loyal to our own. Two boys of the same calibre, from the same sort of families-one born in a flat and brought up without a celebration in the family, and one born under his father's own roof, no matter how humble, and christened, and birthdayed, and Christmased, and New Yeared and anniversaried into manhood.

Which one will have the best chance of holding his own in all the disloyalty and evasion and shallow mistrust of the world he may have to live in?

I'll nut my guess on the how with

I'll put my guess on the boy with he anniversary—every other thing being equal. We need anchorage—we Americans
—we float so easily. We drift so

From house to house, from town to town, from State to State, we wander, and oh, how much we miss of the fine flavor of old friendships, old loves, old associations and old ties. ties.
I'm going to have birthdays in my christenings, too,

family, yes, and christenings, too, and Christmas trees, and Easter rabbits, and May Day baskets, and Fourth of July picnics and wedding anniversaries—whenever there's a chance to celebrate anybody's or anything in my family, I'm going to take it. want my children to have something to remember—when they speak of home—something besides the gas bill and the leak in the ice box and the landlord's avaricious fad for raising the rent.

To whiten and beautify the complexion permanently we have found no better preparation than a lotion made by dissolving four ounces of spurmax in one-half pint hot water, then adding two teaspoonfuls glycerin. This removes any pimples, shiny, muddy or sallow appearance, and will make any one's skin clear, smooth and velvety. It does not show or rub off like powder; in fact, it seems a part of the skin; and for removing tan and freckles is un-

# Women With Superfluous Hair Don't Aid or Help

By DR. LEONARD KEENE HIRSHBERG. (Copyright, 1215, by Newspaper Penture Service, Inc.)

senior assistant medical officer of the

The number of these unhappy Eves and Dianas under his observant eye was much larger than can usually be

Why is nature so contrary as to persist in growing hair on the faces of some women and leave a bald spot on a man's grown? Why is there not some depliatory with a tendency to decrease as well as remove the growth of unwelcome hair? Since some depliator- the glands in man. It is the enlargement of this chestnut like pulp which distinguishes human and mammalion adrenals from those of lower creatures.

unwelcome hair? Since some deptiatories seem actually to take away hair only to increase its growth, why are they not used on balu heads?

All of these significant queries crowd the thoughts. They, for the most part, still await an Edison or a Columbus for solution. Until Prof. C. T. Ewart, senior assistant medical officer of the address of the seem, from those of lower creatures. In those of lower creatures. In these case in the physiologists seem to prove that they evert in higher creatures a most powerful influence upon the growth of hair. Furthermore, enlargement of these case in these case in these case in the physiologists seem to prove that they evert in higher creatures a most powerful influence upon the growth of hair. Furthermore, enlargement of these case in the physiologists seem to prove that they evert in higher creatures a most powerful influence upon the growth of hair.

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Furthermore, enlargement of these case in the physiologists are the physiologists are the proved that they evert in higher creatures a most powerful influence upon the growth of hair. and other man-like attributes.

senior assistant medical officer of the London county asylum, recently investigated the subject of "hypertrichosis"—as medical pundits prefer to call too much hair on any inhospitable area or the skin—at least one of these question remained unsolved.

The occusion of Dr. Ewart's investigation was the large number of women patients in his hospital for the insane who exhibited an excessive overgrowth of hair on the face.

The number of these unhappy Eves and Dianas under his observant eye was much larger than can usually be

The number of these unhappy Eves and Dianas under his observant eye was much larger than can usually be seen in motiey collections of femininity of the workaday world. Moreover, the superfluous hair of demented women is not a mere penciling of down on the upper lip and chin, but appendages that might well stir adolescent men to emotions of envy.

Associated with these conditions in these insane women, there are to be found lusty, strong types of physique, spearances which convey the impression that the hirsuite overgrowth is related to high vitality.

The Guilty Glands.

The problem of finding the reason and origin of such an abundance of hair on the faces of the usually attractive sex has been partially met by Dr. Ewart's conviction that the chestnut-shaped glands over the kidneys, called the suprarenal or adrenal glands, are responsible.

Soon or late the various glands of the human anatomy are haled into the court of science for one physiological deed or another, and nine times in tenthese munition factories are found guilty. Dr. Ewart produces some evidence which tends to show that the adrenal tissue, along with the sex and

#### Answers To Health Questions

L. B.-Please publish a remedy excessive perspiration of the face. A-Bathe the face daily with one-half teaspoonful each of glycerine poracic acid to one pint of water.

H. M. S.—What can I do in the case of falling hair I have lost considerable in the past six months?

tonsils, poor breathing spaces in the nose, constipation, sleeping with oth-ers, sleeping on the back or other ir-

R. W.—I have had neuritis in my left shoulder for three weeks, but only at night, when I suffer intensely. What will give me relief?

A—Take 5 grains salicylate of soda every four hours. Use a small (\$3.50) electric battery on the affected parts every four hours. Dry heat, massage, Swedish movements and hot baths, hot applications, and manipulation will do

make tobacco smoke obnoxious to a confirmed cigarette smoker?

Swallow one or two tablets, each of 1-200th grain of sulphate of strychnine every three hours. These tablets are bitter, and when chewed take away the craving. Glycerine of tannin should be applied to the gums.

of falling hair. I have lost considerable in the past six months?

A—Massage into the scalp twice a day the following: Quinine, I dram; resorcin, 10 grains; Balsam peru, ½ dram; sulphur loti, 4 drams; castor oil, 14 drams; cocoa butter, 3 drams.

M. H. S.—My sister continually grinds her teeth. What will stop this?

A—Find the cause and correct it. It may be due to lack of sleep, adenoids, tonsils, poor breathing spaces in the supplied to the same.

Betty—Advise me how I may gain in weight. I am twenty years old and yeight. I am twenty years ol cooked vegetables, such as spinach, po-tatoes and young peas, rice, egg and milk puddings, ripe fruits, vichy and Poland water, warm fresh milk and cream. Avoid pork, veal, salt meats except ham, hashes, stews, thin soups cooked oysters or clams, turkey, pickles, spices, ples, pastries and preserves.

will give me relief? 
A—Take 5 grains salicylate of soda every four hours. Use a small (\$8.50) hegicnic and sanitation subjects that are of general interest. He will not undersevery four hours. Dry heat, massage, swedish movements and hot baths, hot applications, and manipulation will do a great deal toward improving your condition.

C. R. D.—Is there anything that will

#### Woodward & Lothrop New York-WASHINGTON-Paris

Continuing the July Clearance Sale of

# Women's Fine Outergarments

\$14.75—for Suits that were up to \$35.00. \$18.75—for Suits that were up to \$45.00.

\$25.00—for Suits that were up to \$55.00. \$35.00—for Suits that were up to \$75.00.

Only a brief outline is possible—they are beautiful and perfect garments-in design, in quality, in style, in individuality-all greatly reduced.

Made of gabardines, poplins, serges, homespun cloths, novelty cloths, mixtures, and worsteds, in sport, braided, eton, bolero, jacket, belted, strictly tailored, semi-tailored and dress styles.

You will find a most attractive collection of styles, and the best colors, in both fancy and plain, many of the plain tones having a contrast in collar and cuffs, vestee, or buttons. All sizes, regular and extra.

\$10.00—for Coats that were up to \$25.00. \$18.75—for Coats that were up to \$35.00.

\$25.00—for Coats that were up to \$45.00. Coats for restaurant, calling, afternoon, dress, theater, the boardwalk, the beach, traveling, seashore and mountain,

and for ordinary occasions of street and business. Finest Materials are English mixtures, Indian blanket and bear cloths, serge, rajah silk, chinchilla, golf cord, poplin, Bedford

cord, cable cord, corduroy, waterfall cloth, crepe de chine, silk faille, silk poplin, taffeta, chudda cloth, and others. Styles and colors are of the latest and most fashionable origin, and altogether the assortment is one of exceptional de-

Third floor, G St.

# Each morning get up at 6 and take some good breathing and stretching ex-eriass, followed by one of the baths given in the most expensive sanitariums. These boths are easy to prepare at home and act as a fine tonic for the day's work. These three Kneipp baths are given at the German sanitariums. For the first, boll one pound of fresh pine needless and pine cones (broken into small pieces) for a half-hour, strain, and add the decoctions to hot bath

### The Sleeping Porch

6 D HET MATISM. chills and imnumerable colds are afflictions which women especially and a great many men being on themselves by running out outs a sireping perch and jumping into a cold bed." said Dr. D. C. Stall, head of the physical training department of the University of Washington, to a reporter for the U.

Theorems in the fresh air is a very decircular practice. he said, but the manner in which electing porches are used is frequently bad. Many a fruit and amarmic ro-ed could con-ected half her energy if she would use a sleeping proch bed such as I have in my own home.
The lead to which Jr. Hall referred as one that he himself devised. The rost and head of the bed are of the come differentiate. An opening ex-active differentiate. An opening ex-active entropy, and its cut in the real ventures the directing rooms and the directing purch. The ted resis is realist learnings the differences in restrict in a warm room, gray main a warm level, and then presses the continue for the leaf of the further. The bed rule out office to partit, that first, the head filling to approximate to the wall. In the commission another prime of the but-to, and one may come in the warm the first of the bed now closesel in mercan. Or Half address od one who is not exceptionally against most conserve his hedy bear.

# water. This stimplates the skin, and has a very refreshing after effect. "The next bath is prepared in the same way by boiling a bag filled with the flowering tops of hay or oat straw. The third is more elaborate but extremely beneficial. Make a mixture of the following:

one quart of spinach juice, four ounces of bicorbonate of soda and three table-

Why not try the rest cure while "raing" I suggested. "You can take on weight make your cheeks rosy with health, your eyes bright and your complexion clear." As she seemed in-

Resting Body and Brain.

hard day at the office take a warm bath as soon as you come home and rub your body with this tonic vinegar:

"After supper every night take

tight gloves, for they make the heart action irregular and counteract all the good of the exercise.

" I suggested.

'II would suggest that you make these bath mixtures at home before you bealternated with simplar baths of sea

"When you have had a particularly

good of the exercise.

"During your rest month," I went on, "eat no meat whatever. If you went to a sanitarium to regain your beauty I am very sure they would tell you your stomach needs a complete rest. Make up a diet of vegetables, fruit, eggs and plenty of water between meals—no sweets, rich pastry or greasy foods."

"And if my friends want to come to see me?" asked the stenographer.

"You might tell them, in fun, so that they will not be offended, that you are in Fiorida for a month and san see no one." I suggested.

spoonfuls of sea salt. gin your rest cure, and they may be

salt or oatmeal.

brisk walk of an hour and a half or two hours before you go to bed. Saturdays and Sundays take longer walks on country roads. Of course, you must not wear tight shoes, corset bones or even

one," I suggested.

I met her last week. She was smiling and vivacious with a good healthy color, quick, springy step, and all the old tired look gone from her eyes.

"I took your advice." she said, almost before I had a chance to speak, "and it was well that I did, as I did not get any vacation at all. Yet I feel as well as I ever did in my life. I do not know whether it was the baths or the quiet of my little room alone, but I am indebted to you, and I had a good time at that."

#### that you were there. It wouldn't be so hard to hold up ADVICE TO GIRLS By Annie Laurie

Dear Annie Laurie-I am a young man and have been giv-ing my attention to a girl younger than I am for a good while. As this attention is not solicited or encouraged, please inform me as to the proper course to pursue.

SHOULD think that your course should be determined by your feeling for the girl. If you love her, proceed to let her know that you do. If your intentions are really serious, there are ever so many ways of showing it to the However, if she does not encour-

age your attentions, get acquainted with some one else and try to for-Dear Miss Laurie—I am nineteen years old, and am going with a young man who is twenty-six. He has told me that he loves me

he has told me that he loves me better than any other girl. I like him, and believe that I could learn to love him in time, because he treats me real nicely, and, best of all, he has no bad habits. The last two weeks I have been hearing so many things about him and his people in regard to repu-taten. People say that they are telling me these things for my own good. Must I turn him down and believe these reports or continue going with him and not be-lieve them? WORRIED.

Oh, these pesky gossips! Some-times I wish that every gossip could bear the results of her (or his) mischief-making. in the hope that it would break them of the habit. Well, Worried, be sure of what you

#### Peroxide Cleanses, But Does Not Heal

"It would be well for people to understand what peroxide of hydrogen will do." remarked a dentist just after extracting two old roots on which a large abscess had formed. "It is one of the best, if not the very best, antiseptics we have, but it has no healing qualities. Many people im-

agine that it will heal a sore place in the mouth, yet that is just what it will not do.

"I have tust injected peroxide and water into the cavities in the gums from which I entracted those roots. I did that to destroy the pus that had been left behind by the above.

For that is the use of peroxide. It unites chemically with the pus and kills the germs that make it. But this is all that it does. And if you continue to use it you will retard the healing instead of hastening it. Perhealing instead of hastening it. Per-oxide, improperly used, has injured most as many mouths as it has bene-fited. The sore place in your mouth is clean now, and all it needs is something to keep it clean while na-ture heals it. Peroxide will not do that—in fact it will retard it." The dentist then prescribed a healing wash. There are many such on the market, but any one having a tooth pulled is foolish to select his

know before you give the young man his walking papers. If people per-sist in telling you things about him and his family, ask for proof—real proof, and not hearsay evidence. This sort never has much weight in a court, you know, and in this case you are the judge who weighs the testimony of both sides. Of course, if you should discover that the gossip is founded on fact, you would not care to have anything to do with the boy. Only this, I beg Only this, I beg of you-judge fairly. Dear Annie Laurie-I have been

Dear Annie Laurie—I have been keeping steady company with a boy for six months and of late he has been taking out another girl also, who is supposed to be a friend of mine. This girl is trying to leave the wrong impression of me with him and friends of hers. Do you think I ought to say anything about it or stop going with him? I care a lot for him and he says he likes me better than any other girl. me better than any other girl. He told me that he did not care for this girl except for a past-time. PERPLEXED.

Of course the boy doesn't care much for the girl. If he is honorable he won't give any heed to what she says. Don't you suppose that, if he knows you so well, he will realize that she is not telling the truth? I know that men depise things of that sort, anyway, and I think that one of the nicest things about the average man is his disabout the average man is his dislike of petty gossip.

The wonder to me is how he can keep on escorting her to places when he knows she is saying things against you. Don't allow her foolish-ness, founded on jealousy, no doubt,

Miss Laurie will welcome letters of in-Miss Zaurie will welcome letters of in-quiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to columns. They should her care, this office.

# influence you to change your be-havior. You know that the things she has said are untrue. Prove that they are by your behavior.

#### TODAY'S BEAUTY HINTS

It is necessary to shampoo more fre-quently in the warmer weather because of exerssive dust and the fact that the LADIES CAN WEAR SHOES

One size smaller after using Allen's Foot-Ease, the antiseptic powder for the feet. It makes tight or new shoes feel easy; gives instant relief to corns and bunions, prevents Bilsters, Calling and continuous prevents Bilsters, Calling and Calling feel easy: gives instant relief to corns and bunions, prevents Bilsters, Callous and Sore Spots. It's the greatest comfort discoverer of the age. Sold everywhere, 25c. For FREE trial package. Address, Alien S. Olmsted, Le Roy, N. Y.—Advt.